

Supplement Facts

Serving size: 2 Gummies

Serving Per Container: 30

Amount Per Serving	% DV
Calories	20
Total Carbohydrate	5 g
Total Sugars	5 g
Includes 5g Added Sugars	0g
Sodium	5mg
(as Sodium Citrate)	
Maitake Mushroom (Fruiting Body) (<i>Gymnopilus laevigatus</i>)	250 mg*
Shiitake Mushroom (Fruiting Body) (<i>Lentinula edodes</i>)	250 mg*
Udon's Mane Mushroom (Fruiting Body) (<i>Phaeolus schweinitzii</i>)	250 mg*
Reishi Mushroom (Fruiting Body) (<i>Ganoderma lucidum</i>)	250 mg*
Condycybe Mushroom (Fruiting Body) (<i>Ophiocordyceps sinensis</i>)	250 mg*
Chaga Mushroom (Fruiting Body) (<i>Inonotus obliquus</i>)	250 mg*
Turkey Tail Mushroom (Fruiting Body) (<i>Trametes versicolor</i>)	250 mg*
White Button Mushroom (Fruiting Body) (<i>Agaricus bisporus</i>)	250 mg*
Black Fungus Mushroom (Fruiting Body) (<i>Auricularia polytrichia</i>)	250 mg*
Royal Sun Mushroom (Fruiting Body) (<i>Agaricus blazei</i>)	250 mg*

* Daily Value (DV) not established.

** Percent Daily Values are based on a 2,000 calorie diet.

*From 25mg of 10:1 Extract



kiki green

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Xiaolong Qi

Adaptogen MUSHrooms Workout Plan California:

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70 nourishing recipes using adaptogens herbs and botanicals to heal energize and calm With unique and enticing recipes Jennifer McGruther shows readers how easy it is to welcome healing herbs into their homes and food traditions Rosalee de la Fore t author of Alchemy of Herbs and Wild Remedies When used properly plants provide a wealth of healing powers Adaptogens plant extracts that help the body adapt to stress and herbs are some of the most potent sources of such energy and immunity plus they have a host of additional health benefits Cookbook author and blogger Jennifer McGruther of Nourished Kitchen expertly guides readers through the properties of herbal energetics and how to gain the most from these dynamic sources Jennifer explains each function and application and how to extract their benefits into tinctures infused oils teas and tisanes vinegars and more And while store bought adaptogenic powders and elixirs from popular retailers may be a hefty investment Jennifer s creations cost only a few dollars to make at home Vibrant Botanicals provides more than 70 recipes for helping you feel your best when using herbal infusions You ll discover how cacao and licorice naturally awaken the body and can be incorporated into granolas beverages and breakfasts to jump start your day Garlic astragalus reishi and more are showcased in homemade broth and fire cider to help build immunity while passionflower ashwagandha and chamomile are mixed into creamy milk blends and teas to ensure peaceful sleep Whether you are looking to fortify digestion lift your spirits or just enjoy a good night s rest Vibrant Botanicals provides the natural solution through nourishing and herbal rich recipes **The Advocate** ,1989-04

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